

Skillet Veggie Frittata

Yield: 8 servings

Ingredients

12 eggs	¼ teaspoon salt
¼ teaspoon pepper	¼ cup cheddar or Monterey jack cheese, shredded
2 tablespoons vegetable oil	1 medium onion, chopped
1 red bell pepper, chopped	1 15.5 oz. can of potatoes, drained and rinsed
1 cup canned spinach, drained and rinsed (about ½ of a 15.5 oz. can)	

Directions

1. Preheat oven to 375° F
2. In a bowl, beat eggs. Add salt and pepper.
3. Stir cheese into eggs
4. Heat oil in skillet over medium-high heat
5. Add onions and bell pepper to skillet. Cook until soft.
6. Add potatoes and spinach to skillet. Cook until all veggies are warm.
7. Add eggs to skillet. Cook eggs on stovetop for 30-45 seconds to set the edges
8. Move skillet to oven. Cook in oven for 10-12 minutes. Cook until eggs are set but remove before they start to brown
9. Cut into wedges to serve

Nutrition Facts per serving

230 calories, 14 g fat, 290 mg cholesterol, 470 mg sodium, 12 g carbohydrates, 3 g fiber, 14 g protein

